



Banoffee Pie

 Vegetarian

READY IN

ready

125 min.

SERVINGS

servings

8

CALORIES

calories

729 kcal

DESSERT

Ingredients

- ☐ 3 large bananas
- ☐ 10 tablespoons butter softened
- ☐ 0.3 cup confectioners' sugar
- ☐ 1.5 cups graham cracker crumbs
- ☐ 1.5 cups heavy whipping cream
- ☐ 28 ounce condensed milk sweetened canned
- ☐ 1 teaspoon vanilla extract

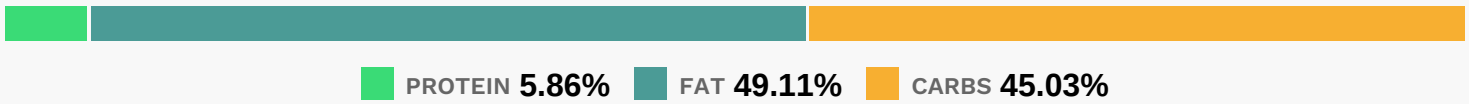
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Mix graham cracker crumbs with softened butter and press mixture into 9-inch pie plate.
- ☐ Bake for 5 to 8 minutes.
- ☐ Lower the oven to 300 degrees F for the toffee filling.
- ☐ To create toffee filling, caramelize the sweetened condensed milk.
- ☐ Pour the condensed milk into a 9 by 12 by 2-inch glass baking dish. Cover with foil and place dish inside a larger poaching pan.
- ☐ Add water to poaching pan until half way up sides of baking dish.
- ☐ Bake for 1 1/2 hours.
- ☐ Once both the crust and toffee filling are cooled, spread half of the filling evenly inside crust. Slice the bananas and layer on top of filling.
- ☐ Pour remaining half of filling over bananas, spreading evenly. Whip the cream with the confectioners' sugar and vanilla and spread on top of toffee filling and bananas.

Nutrition Facts



Properties

Glycemic Index:29.97, Glycemic Load:47.06, Inflammation Score:-7, Nutrition Score:12.919565128243%

Flavonoids

Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg, Catechin: 3.11mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 728.77kcal (36.44%), Fat: 40.68g (62.58%), Saturated Fat: 25.01g (156.31%), Carbohydrates: 83.94g (27.98%), Net Carbohydrates: 82.08g (29.85%), Sugar: 70.09g (77.88%), Cholesterol: 121.79mg (40.6%), Sodium: 355.03mg (15.44%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 10.92g (21.84%), Vitamin B2: 0.58mg (34.06%), Calcium: 330.54mg (33.05%), Phosphorus: 324.18mg (32.42%), Vitamin A: 1390.88IU (27.82%), Selenium: 16.74µg (23.91%), Potassium: 626.01mg (17.89%), Vitamin B6: 0.27mg (13.49%), Magnesium: 52.39mg (13.1%), Vitamin B5: 1.05mg (10.48%), Vitamin B1: 0.15mg (10.06%), Zinc: 1.44mg (9.59%), Vitamin B12: 0.54µg (8.96%), Vitamin C: 7.28mg (8.83%), Folate: 30.67µg (7.67%), Fiber: 1.86g (7.45%), Manganese: 0.15mg (7.27%), Vitamin E: 1.03mg (6.84%), Vitamin D: 0.91µg (6.08%), Vitamin B3: 1.18mg (5.9%), Iron: 1.02mg (5.69%), Vitamin K: 3.5µg (3.34%), Copper: 0.06mg (3.25%)